

# Montgomery County Commission for Women Counseling & Career Center

**401 Hungerford Drive, First Floor, Rockville, MD 20850**

**OFFICE HOURS: Monday, Thursday & Friday 8:30 a.m. - 5 p.m. and Tuesday & Wednesday 12:30 - 9 p.m.**

**240-777-8300**

**[www.montgomerycountymd.gov/cfw](http://www.montgomerycountymd.gov/cfw)**

## March 2011 WORKSHOPS

### CAREER & PERSONALITY ASSESSMENTS

#### STRONG INTEREST INVENTORY

Tuesdays, March 22 & April 12, 2011,  
7 - 8:45 p.m.

*One of the most respected and widely used career planning instruments in the world, the Strong Interest Inventory is recommended for anyone making decisions about occupational choices, career direction, and job satisfaction.*

The Strong Interest Inventory will provide you with a personal profile of your vocational interests and characteristics, occupations which seem best suited to you, and will identify your optimum career choices based on your interests.

*In the 1st session you will take the test and the 2nd session will be a group interpretation of test results.*

**Presenter:** Robert Penn Buckberg, M.A.  
**FEE:** \$50

### FINANCIAL SECURITY

#### FINANCIAL PLANNING FOR RETIREMENT DURING UNCERTAIN TIMES

Wednesday, March 30, 2011, 6:30 - 8:30 p.m.

*Are you concerned about your finances during retirement? Do you ever ask yourself: "When can I afford to retire?" "How should I manage my retirement funds in today's economy?"*

Come and learn how to maximize your finances for retirement. Some of the topics will include:

- *how to reallocate your investments before retirement*
- *safety nets to protect your nest egg*
- *health care options in retirement.*

**Presenter:** Jamie S. Lapin, CFP, CDFA  
**FEE:** \$20

### LEGAL CALL-BACK PROGRAM (240) 777 - 8300

Legal questions are answered by phone on a call-back basis. Local attorneys provide free telephone consultations on specific questions.

*Please arrive 15 minutes before workshop to sign in. Workshops will begin on time.  
Pre-registration and payment are requested for all workshops.*

*A sliding fee scale for workshops and counseling is available for Montgomery County residents based on household income and family size.*

### COUPLES & FAMILIES

#### LET'S TALK:

##### Communication Skills for Couples

Tuesday, March 29, 2011, 6:30 p.m. - 8:30 p.m.

*Couples often get into conflicts when they don't hear each other. This workshop is designed to teach married couples and those in a committed relationship how to communicate effectively.*

Two experienced couples facilitators will teach couples to:

- Speak for themselves not the other person
- Take the "defensive posture" out of communicating
- Build goodwill in the relationship
- Learn two essential communication tools
- Practice by using interactive exercises and techniques

*Couples are encouraged to attend.*

**Presenters:** Marian Horton, MSW, and Clyde Horton, Life Coach  
**FEE:** \$20 per person

### BUSINESS AND PROFESSIONAL DEVELOPMENT

#### JOB SEARCH DO'S & DON'TS FOR WOMEN OVER 50

Friday, March 11, 2011, 10 a.m. - 1 p.m.

*New!*

*If you are looking for employment, changing jobs or want to improve your work situation, this workshop will help you create a strategy and action for those of us over 50. Learn how to help employers hire you!*

- *Outline a plan for your successful job search*
- *Discuss tips for the 50+ resume and interviewing*
- *Share resources for your job search strategy*

**Presenter:** Anne Hull, M. Ed.  
**FEE:** \$30

### BASIC RESUME WRITING

Monday, March 21, 2011, 10 a.m. - noon

This workshop, designed for the inexperienced resume writer, covers all the basics needed to develop an effective resume for today's job market.

**Presenter:** Nancie Kenney, LCSW-C.  
**FEE:** \$20

### PERSONAL GROWTH & OPTIMUM LIVING

#### DECISIONS, DECISIONS!

##### How to Clarify and Ease Your Decision Making Process

Monday, March 14, 2011, 10 a.m. - noon

The decisions you make, small, strategic or life changing, can be difficult. All require consistency and determination to accomplish the changes you want at home or at work. This workshop will help you to identify the components of decision-making, move more easily through the process, and arrive at a satisfactory outcome.

**Presenter:** Sandra Van Fossen, M.A.  
**FEE:** \$20

### MANAGING FEAR & ANXIETY

Monday, March 21, 2011, 11 a.m. - 1 p.m.

*Do your fears and anxieties paralyze you, make you vulnerable, or hold you back?*

In this workshop, we will explore these intense emotions and their different aspects. Where do they come from? How do they impact our lives? We will also discuss ways to deal with these powerful feelings and learn how to manage and transform them so that they can become a positive force in our lives.

**Presenter:** Elizabeth Nyang, Ed.D., LCPC  
**FEE:** \$20

*New!*

### A Woman's Guide to Surviving the Legal Process of Separation and Divorce in Maryland



\$5 - Walk-in purchase  
\$8 - Mail-order purchase

**240-777-8300**

*Also Available in Spanish  
Disponible en Español*

## THE POWER OF BEING POSITIVE:

### 8 Strategies to Shift to a Positive Lifestyle

Wednesday, March 23, 2011, 6:30 - 8:30 p.m.

*Self Talk (inner dialogue) is the foundation of every person's thoughts. Do you want the decisions you make coming from a positive or negative place? Our thoughts affect the relationships we're in and the careers we choose. Each thought either moves us forward in the direction of our goals and vision or creates a distance.*

Come and learn eight Positive Self Talk Strategies that you'll be able to apply immediately and incorporate into your everyday life -- the choice is yours.

**Presenter:** Susan Samakow, CPCC, PCC

**FEE:** \$20

## BUILDING SELF-ESTEEM FOR WORK & LIFE

Friday, March 25, 2011, 10 a.m. - 3 p.m.

*Self-esteem is like good nutrition. The more of it you have, the healthier and stronger you are.* This day long workshop will introduce you to strategies for knowing and claiming your own personal self-worth and abilities.

**Presenter:** Sharon Fountain, M.S.

**FEE:** \$40

## ASSERTIVE COMMUNICATION SKILLS

Monday, March 28, 2011, 1:30 - 4:30 p.m.

*Would you like to express yourself more effectively with your family, friends, and co-workers?*

In this workshop, you will learn to tactfully and effectively express your preferences, needs, opinions, and feelings. We will explore techniques for developing greater confidence in your ability to interact with others.

**Presenter:** Fran Berger, LCSW-C.

**FEE:** \$30

## GUILT: THE IMPACT IN OUR LIVES

Tuesday, March 29, 2011, 1 - 3 p.m.

*Even though guilt is a feeling that we would rather live without, it can play an important role in our emotional well being.*

In this workshop, we will: *uncover the origins of "guilty feelings," understand what guilt can do to us, recognize the role guilt is playing in our lives, and offer different solutions to avoid having others play on our feelings of guilt.*

**Presenter:** Janet Akman, LCSW-C

**FEE:** \$20

*New!*

## SEPARATION & DIVORCE

### DIVORCE LEGAL SEMINAR - PART 1

#### Overview of Non-Child Related Issues

Tuesday, March 8, 2011, 7 - 8:45 p.m.

This seminar will cover: **grounds for divorce, spousal support, property distribution, settlement agreements, choosing an attorney, and methods of dispute resolution other than litigation.**

**Presenter:** A Family Law Attorney from the Montgomery County Bar Association

**FEE:** \$20

**\*MATERIALS FEE:** \$5 due at the time of workshop

*Offered Monthly*

### DIVORCE LEGAL SEMINAR - PART 2

#### Overview of Child Related Issues

Tuesday, March 22, 2011, 7 - 8:45 p.m.

This seminar will focus on: **legal and physical custody, visitation, child support and health insurance.**

**Presenter:** A Family Law Attorney from the Montgomery County Bar Association

**FEE:** \$20

**\*MATERIALS FEE:** \$5 due at the time of workshop

*Offered Monthly*

*\*The materials fee is for the purchase of A Woman's Guide to the Separation and Divorce Process in Maryland. This book will be the reference for the Divorce Legal Seminars (Parts 1 & 2).*

*If you already have a copy, please bring it to the workshop for your use.*

## MEDIATION SEMINAR: DIVORCE WITH DIGNITY

Tuesday, March 15, 2011, 7 - 8:45 p.m.

*A marital break-up can be one of life's most difficult experiences.* Mediation offers an effective and humane way to negotiate the difficulties of separation and divorce with a minimum of tension, conflict, and damage to a family's emotions and finances. This workshop explains: **how mediation works, what topics are covered, how to choose a mediator and what to expect in terms of cost and time.**

**Couples are encouraged to attend.**

**Presenter:** John Spiegel, JD, Family Mediator

**FEE:** \$20 per person

## AFFORDABLE COUNSELING

The Montgomery County Commission for

Women Counseling & Career Center

- offers affordable short-term goal oriented career, personal and couples counseling for adults
- provided by a professional staff of licensed clinical social workers, licensed clinical professional counselors and other mental health professionals
- sessions are \$50 each (A sliding scale discount may be available for Montgomery County residents)
- also available in Spanish and Mandarin on a limited basis

## PERSONAL COUNSELING FOR INDIVIDUALS & COUPLES

Personal counseling for adults addresses a wide variety of issues and concerns, which include:

depression
anxiety
loss & grief
loneliness
stress
trust
anger
relationship issues
decision-making
low self-esteem
transitions
communication skills
adjusting to separation & divorce

## CAREER COUNSELING

Goal-oriented counseling is designed to assist adults with career issues and concerns such as:

job loss	networking skills
career change	resume development
entering or re-entering the work force	exploring education and training
goal setting	career advancement
skill identification	interviewing techniques
dealing with difficult people in the workplace	

**To schedule an appointment, call  
240 - 777 - 8300**

## INFORMATION & REFERRAL SERVICE (240) 777 - 8300

Having trouble locating resources in the community? Trained Information & Referral Specialists can help you find agencies that can provide assistance.